
🌸 Meet Your Doula

Hi, I'm Erika — the heart and hands behind Cradle & Cove.

I'm a doula who believes birth isn't just a medical moment — it's a sacred passage. One that deserves to be met with reverence, patience, and presence. My approach is minimalist, emotionally attuned, and deeply personalized. I walk with intention, not intensity.

I serve only a few families at a time so I can offer care that is truly wholehearted. My clients don't just receive support — they are seen, heard, and held.

Outside of birth work, I find grounding in slow mornings, soft light, and the company of animals. I live with two beloved cats — Shane Pickles and Preston Blue — who teach me the value of quiet companionship and curiosity every day.

If you're drawn to gentle rhythms and meaningful connection, I'd be honored to hold space for you on your journey.

